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(54) Title: METHOD FOR PREPARING A STIMULATING, DIGESTION IMPROVING AND HUNGER APPEA-SING DESSERT

(57) Abstract

The invention relates to a production of a product being suitable for human consumption, containing exclusively natural ingredients with a high nutritive value, being easily consumable, simultaneously stimulating cerebral activity, improving digestion and appeasing hunger, as components fibres of vegetable origin, quickly absorbable carbonhydrates and mineral salts transferred by the vegetables are contained. The method can be characterized in that preferably 15 % by weight wheat bran, 20 % by weight unbittered soya granulate, 35 % by weight palatable wheat-germ and 30 % by weight hulled unsalted and unroasted oil-seeds are blended, the starting material thus obtained is ground to the fineness of grits expediently in a hammer mill, while milling is continued intensively at a maximal temperature of 30°C. The milling product is filled continuously into a kneading machine with a low number of revolutions, wherein a mass is prepared by pouring-in uncrystallized honey of the age of 6 to 8 months, the most, the mass is flavoured with 0.1 % by weight sweet fennel, mass of the milling product and honey are approximately identical. The mass obtained is allowed to swell and ripen for at least 21 days in an enamelled or rust-proof or glass vessel, thereafter the product is cut in pieces, shaped and if desired, it can be provided with a coating, expediently by dipping or strewing, at last it is packed into foil or boxes in a way known in itself.

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Method for preparing a stimulating, digestion improving and hunger appeasing dessert

The invention relates to a method for preparing a digestion improving and hunger appeasing product being suitable for human consumption, containing exclusively natural substances, having a high nutritive value, stimulating cerebral activity and which is easily consumable, the components of which are fobres of vegetable origin, quickly absorbeable carbonhydrates, vitamin compositions and mineral salts transferred by plants.

By the progression of civilization, formation of hectic city life, as a result of increased demands in the mental sphere loads acting on human organism have changed quickly. To-day not so far physical efficiency dominates, ability for concentration, creativity, abstracting ability became more important, increased cerebral activity became generally characterizing. A special branch of sciences deals with the research directed to modern nourishment. It has been recognized that automatically formed practices of nourishment do not comply in general with present requirements. It belongs to the fundamental recognitions of the new scientific branch that in general consumption of fats of animal origin, salt and carbonhydrates has to be reduced, simultaneously proportion of foods of vegetable origin, being rich in proteins, vitamins and mineral salts is to be increased. Recently consumption of raw fibres of vegetable origin has been propagated in all world.

For increasing cerebral activity several traditional media are known, out of which coffein, nicotine and alcohol are mostly spread. It is a well known fact that stimulating effect thereof is provisional only, practically timing is

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impossible and positive effects are followed often by severe negative subsequent effects, diseases with an obsession character may be developed; effects detrimental to healthcan be unambiguously demonstrated. Inspite of this knowledge their consumption has been increased continuously since years, the offer is enormous, production is the best business pointing at the fact that there is a demand on behalf of the people for these articles.

The aim of my invention is to develop a method, by the aid of which a product can be prepared with a stimulating effect without any by-effect being detrimental to health, the more, it has a high nutritive value, value of delight is advantageous, being palatable for everybody, it should improve digestion, the effect could be timed, it should not contain salt and synthetic materials.

The invention is based on the recognition that by blending some materials of vegetable origin known in itselves with advantageous biological effects in the proper proportion, so e.g. honey, bran, soya, wheatgerm and oilseed with a high fibre content, as a synergetic effect capacity of brain activity can be increased, as a further positive by-effect equibalance of the digesting system can be achieved. Fructoses in honey, vitamins and mineral salts contained therein can be absorbed easiliy by human organism, these are materials of high nutritive value, as it has been known long ago. According to the science of nourishment, the more in compliance with earlier observations consumption of oil-seeds in itself is most useful and healthy by virtue of the unsaturated fatty acids, rawfibres, vitamins and mineral salts contained therein.

The aim set was achieved by developing a method for preparing a stimulating, <u>digestion improving and</u> hunger appeasing dessert, in sense of which a mass is blended

from honey, fibre-containing materials of vegetable origin and oil-seeds.

The method can be characterized 10-20% by weight, prefer-5 ably 15% by weight palatable wheet bran, 15-25% by weight preferably 20% by weight unbittered soya granulate, 30-40% by weight, preferably 35% by weight palatable wheat germ, 25-35% by weight, preferably 30% by weight hulled unsalted and unroasted oil-seeds are blended. The start-10 ing material thus obtained is ground to the fineness of grits, expediently in a hammer mill, whereby milling is contiuned intensively at a maximal temperature of 30 C°; The grits thus obtained are filled continuously into a kneading machnie with a low number of revolutions, where-15 in by pouring slowly uncrystallized mixed honey of the age of 6-8 months the most a mass is obtained by continuous agitating, the mass is to be flavoured with 0,05-0,15 % by weight, preferably 0,1% by weight sweet fennel, advantageously the mass of grits equals to the mass of 20 honey. The mass thus obtained is allowed to swell and ripen for at least 21 days in an enamelled or rustproof vessel or made of glass, thereafter the mass is cut in pieces and formed; if desired, it can be provided with a surfacial coating, expediently by dipping or strewing, at last it is packed into a foil or box, in a way known 25 in itself.

It is considered as advantageous, if the milling product contains sunflower seeds, as oil-seeds.

It is also considered as advantageous, if as oil-seeds linseeds are admixed.

With an expedient implement of the process as a surfacial coating chocolate, chocolate grits or cocoa-powder may be used.

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The method according to the invention will be detailed by means of some preferable examples.

Example 1

15% by weight of palatable wheet bran
20% by weight unbittered soya granulate
35% by weight palatable wheat-germ
30% by weight natural hulled sunflowerseeds
are mixed.

The mixture is ground - the possible quickly - in a hammer-mill to the fineness of grits, while care is to be taken for that temperature of the milling product should not exceed 30 C^o. Milling is to be performed quickly, as when comminuting oil-seeds, oxidizing processes start utmost quickly on the breaking surfaces. Milling product must

pass the sieve with an 1mm mesh. Finer comminution is not recommended, as digestion improving effect of raw-fibres does not prevail with finer comminution. The grits thus obtained are mixed with 100% by weight honey into a mass in a kneading machine with a low number of revolutions.

The requirement to be met by the hoeny to be used lies in that that its age should be 6-8 months at most /run in this period/, it must not be crystallized, as krystallized honey is unable to dissolve, diffunde into the fibrous grits, the more, it could be observed that vitamin content of crystallized honey is less.

Honey is to be added to the milling product by slow pouring, with uzmost care. The mass is flavoured with about 0,1 % by weight sweet fennel. Thereafter the mass is allowed to ripen for at least 21 days in an enamelled or rust-proof or glass vessel, for allowing the fibres to absorb the honey and to swell. The absolutely homogeneous mass is considerably consistent, it can be well kneaded and cut. Experiences has shown that the most advantageous dosage equals to log pieces. These pieces may have an angular cylindrical or spherical shape, the surface may be coated with chocolate, they can be rolled in chocolate

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grits or cocoa-powder or any other suitable material. The mass is filled into a wafer or thon paste. The dessert thus obtained is packed in the usual way, it can be packed into foil, a box or in a bag, or into a synthetic box formed under vacuum etc.

Example 2

Materials of vegetable origin - with the difference that instead sunflower-seed linseeds are used - are blended as described in Example 1, a mass is prepared with honey and other steps of the process are realized, as previously described. The flavour of the dessert thus prepared differs from the taste of the former one, it is richer in raw fibres, accordingly, it affects digestion even more advantageously.

In connection with the biological effect of the products produced by the process according to the invention, the following could be observed:

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When consuming 30-40 g dessert by a grown-up of average weight, the effect stimulating cerebral activity appears with in a half hour, or in an hour, lasting for 4-5 hours. For drivers 50-80 g enable unrelaxing concentration of attention for a whole shift. A lot of people consuming coffee or any other stimulating agent is compelled to take sedatives and somnifacent media to assure a quiet night. Regular consumption of the dessert according to the invention makes the use of usual stimulating drogs superfluous and restores natural rhythm of cerebral activity, accrodingly, taking of somnifacent media becomes superfluous too. Advantageous experiences could be gained with people suffering of permanent disturbances in digestion. in this case after having consumed the dessert regularly for 3 to 5 weeks, self-regulation of digestive rhythm could be restored.

With people suffering under depressive conditions by the consumption for 4-6 weeks characterizing sleepiness and depression could be stopped and medicines used to be taken in these cases became superfluous.

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Improvement could be observed with people suffering of cardiovascular trouble staying in an obvious connection with the increased cerebral activity and good function of the self-regulating digestion system.

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The product according to the invention does not contain any material being alien for the human body, accordingly, they cannot be qualified either as medicine or as a doping agent, for this reason it can be suitably used for increasing the efficiency of sportsmen, in addition, regular consumption assures a good general condition, harmonic physical-mental condition without exhausting reserves of the organism.

Experiences has shown that for an average person in case of average loads a consumption of daily 1 g/l kg body weight is considered as most advantageous, overconsumption may result in the displacement of regular daily rhythm.

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The most improtant advantages of the method according to the invention can be summarized, as follows:

- direct product of the method results in a well demostrateable effect stimulating cerebral activity, which can be well timed;
- as an additional effect permanent equilibrium of the digestion system can be mentioned;
- the product is free of any synthetic substance, it consists exclusively of natural ingredients of vegetable origin;
- no by-effect being detrimental to health could be observed;

- it can be consumed without distinction to age and sex;
- quickly absorbeable components with a high nutritive value appease immidiately hunger, at the same time eating of some desserts does not involve a considerable calory introduction for the organism.
- Materials to be applied are relatively cheap, method of production is simple, accordingly the product can be prepared with low production costs;
- last but not least increase of efficiency can be obtained without exhausting reserves of the organism, by the stable equilibrium of natural biorhythm;
 - the product can be kept for a long time without any conserving means.

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What we claim:

 Method for preparing a dessert for stimulation, improvement of digestion and hunger appeasing, in course 5 of which a mass is blended of honey, material of vegetable origin with a high fibre content and oil-seeds, characterized in that 10-20% by weight, preferably 15% by weight palatable wheat-bran, 15-25% by weight, preferably 20% by weight unbittered soya granulate, 30-40% by weight, preferably 35% by weight palatable wheat germ and 25-35% 10 by weight, preferably 30% by weight hulled unsalted and unroasted oil-seeds are blended, the starting material thus obtained is ground to be fineness of grits expediently in a hammer mill, while milling is continued intensively, at a maximal temperautre of 30 C^{0} ; the milling pro-15 duct is filled continuously into a kneading machine with a low number of revolutions, wherein a mass is prepared by pouring-in uncrystallized honey of the age of 6 to 8 months the most, the mass is flavoured with 0.05-0.15% 20 by weight, preferably 0,1% by weight sweet fennel, mass of the milling product and honey are approximately identical; the mass obtained is allowed to swell and ripen for at least 21 days in an enamelled or rust-proof or glass vessel, thereafter the product is cut in pieces and 25 shaped, if desired, it can be provided with a coating, expediently by dipping or strewing, at last it is packed into foil or boxes in a way known in itself.

- Method as claimed in claim 1, characterized
 in that the grits contain sunflower-seeds as oil-seeds.
 - 3. Method as claimed in claim 1, characterized in that as oil-seed linseeds are contained.
- 4. Method as claimed in any of the claims 1 to 3, characterized in that as surfacial coating chocolate, chocolate grits or cocoa-powder, wafer or a paste may be used.

INTERNATIONAL SEARCH REPORT

International Application No PCT/HU 89/00006

I. CLASSIFICATION OF SUBJECT MATTER (if several classification symbols apply, indicate all) 4								
According to Informational Patent Classification (IPC) or to both National Classification and IPC								
IPC ⁴ : A 23 L 1/29								
II. FIELDS SEARCHED								
Minimum Documentation Searched 7								
Classification System Classification Symbols								
Int.C1.4 A 23 L 1/08, 1/10, 1/172, 1/20, 1/29, 1/30, 1/307, 1/308, 1/36								
	Documentation Searched other to the Extent that such Documents	then Minimum Documentation are included in the Fields Searched •						
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Category 4	MENTS CONSIDERED TO SE RELEVANT * Citation of Document, 11 with Indication, where app	ropriete, of the relevant passages 12	Refevent to Claim No. 13					
X	DE, A1, 2 853 194 (J.KLOS (26.06.80), see pages 2,		(1-4)					
Х	EP, A1, 0 087 669 (R.SCHA 1983 (07.09.83), see clain	(1-4)						
A	FR, A, 1 572 373 (P.BASTE (27.06.69), see totality.	(1)						
A	US, A , 1 210 589 (A.V.BL. 02 January 1917 (02.01.17)	(1)						
A	US, A, 1 175 407 (V.G.BRIC (14.03.16), see totality.	(1)						
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Anhang zum internationalen Recherchenbericht über die internationale Patentanmeldung Nr.

In diesem Anhang sind die Mitglieder der Patentfamilien der im obengenannten internationalen Recherchenbericht angeführten Patentdokumente angegeben. Diese Angaben dienen nur zur Untersichtung und erfolgen ohne Gewähr.

Annex to the International Search Report on International Patent Application No. PCT/HU 89/00006

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US - A - 1 210 589	02/01/17	NONE/KEINE	
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